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The role of cognitive distortions in prediction of depression and anxiety symptoms among adolescents with ADHD

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Background and Aim : Assessment and treatment of cognitive deficits, cognitive distortions and other behaviors related to emotional distress have been considered an important feature of comprehensive cognitive-behavioral treatment for adolescents with ADHD. The aim of present study was to investigate .The role of cognitive distortions in prediction of depression and anxiety symptoms among adolescents with ADHD.

Methods : We used descriptive – correlation method in the present study. Participants were 30 adolescents (19 male, 11 female) who were diagnosed with ADHD .they filled out five scales in order to gathering data : Cognitive Distortions , Attention Deficit Disorder– adolescent version, adolescents' rating scale self-report , anxiety and depression. We also used Mean, standard deviation, Pearson correlation coefficient and regression in order to analyzing data.

Results : Results of correlational analysis indicated a significant positive relationship between cognitive distortions and ADHD ($r= 0.487$, $p<0.05$) .significant relationship were also identified between cognitive distortions with depression and anxiety. Regression analysis showed that cognitive distortion significantly predicts anxiety and depression symptoms in adolescents with ADHD.

Conclusion : Several manuals that describe empirically supported psychosocial treatments for adolescents ADHD underscore the importance of incorporating an individuals' cognitive experiences into treatment for the ADHD, so paying attention to this issue is very essential for those who are dealing with ADHD adolescents problems.

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